

# health sense

## Things to Know

### Vitamin D

## Many kids need a bone boost

No bones about it: Kids need lots of vitamin D.

Vitamin D helps build strong bones. Without it, bones can get soft and not grow well.

Vitamin D comes from some foods. It also comes from the sun. Health experts say kids should get at least 400 IU a day.

But many kids don't get enough. They need a boost from drops or pills.

This includes:

- All babies.
- All kids who drink less than a quart of milk each day that has

vitamin D.

- Teens who don't get 400 IU of vitamin D from food each day.

Some kids may need even more vitamin D. Ask your provider if you are not sure.

Source: American Academy of Pediatrics



## All together now

### Tips for a fit family



**C**homp an apple, take a hike. Throw a ball, ride a bike.

Over time, small steps like these can lead to better health.

And it's all the better if you join forces with your family. Healthy choices can be easier—and more fun—when you tackle them as a team.

Experts offer these tips:

- Start each day with a low-fat, high-fiber breakfast, such as whole-grain cereal with fat-free or low-fat milk. Have some fruit too.
- Munch on fruit instead of chips

or other high-calorie snacks.

- Make a family plan to limit screen time. Agree to two hours or less a day of TV, computer and video games.
- When you do watch TV, see how active you can be. Stretch or lift weights while you watch.
- Get moving together as a family. Go for a walk or play a game of volleyball after dinner.

Keep in mind: When you practice healthy habits, your kids may be more likely to do the same.

Source: U.S. Department of Health and Human Services

# Four tests you should know about

**G**et screened. That's smart advice if you care about your health.

Tests can find health problems before you feel that something may be wrong. And that is key. Health issues may be easier to treat if you find them early.

This chart will help you learn about four tests all adults need. These guidelines are for adults with low or average risk from these conditions. People at high risk should talk to their doctor about when to get screened.



<b>1</b>	<b>test for BLOOD PRESSURE</b>
<b>WHEN</b> you need it	Starting at age 18, get tested every year.
<b>HOW</b> it's done	Your doctor can test your blood pressure at a checkup.
<b>WHY</b> you need it	High blood pressure often has no signs. The only way to know you have it is to be tested. If it's not treated, it can cause a heart attack or stroke.
<b>2</b>	<b>test for DIABETES</b>
<b>WHEN</b> you need it	Adults who should be tested for type 2 diabetes include those who have: <ul style="list-style-type: none"> <li>■ High blood pressure.</li> <li>■ Blood pressure that is close to being high (135/80 or higher).</li> </ul>
<b>HOW</b> it's done	A simple blood test can spot diabetes.
<b>WHY</b> you need it	There are only a few symptoms in the early stages. That means a person may have diabetes for 10 years and not know it. It could harm your heart, eyes, kidneys and nerves.
<b>3</b>	<b>test for CHOLESTEROL</b>
<b>WHEN</b> you need it	Those who should be tested include: <ul style="list-style-type: none"> <li>■ Men who are 35 or older.</li> <li>■ Women who are 45 or older.</li> </ul>
<b>HOW</b> it's done	A simple blood test can check your cholesterol level.
<b>WHY</b> you need it	Too much cholesterol in your blood can cause a heart attack. Even when cholesterol is high, you might not feel sick. You're also at higher risk if you: <ul style="list-style-type: none"> <li>■ Smoke cigarettes.</li> <li>■ Have high blood pressure.</li> <li>■ Have a family history of heart disease.</li> </ul>
<b>4</b>	<b>test for COLON CANCER</b>
<b>WHEN</b> you need it	All adults between the ages of 50 and 75 should be tested.
<b>HOW</b> it's done	There are a few ways to test for colon cancer. Some tests need to be done every year. Others should be done every 5 or 10 years. Your doctor can tell you which test is best for you.
<b>WHY</b> you need it	Testing can find growths before they turn into cancer. You may need to be tested earlier or more often. This will depend on your personal or family health history.

Sources: American Diabetes Association; U.S. Department of Health and Human Services; U.S. Preventive Services Task Force

## Test results: Three tips for you to keep in mind

Are you about to have a medical test or procedure? Here are three things to remember:

**1.** Ask how you'll get the results. Find out if you'll hear in person, over the phone or by mail.

**2.** Ask when you'll get the results.

**3.** Don't assume that all is OK if you don't get the results when you expect them.

That third point is key. Abnormal test results may slip through the

cracks. Not hearing may **not** mean that everything is fine.

Call and ask for your results. Find out what to do next if your results are abnormal.

Source: Agency for Healthcare Research and Quality



## Advice Nurses and urgent care

If you are sick or hurt, you may have an urgent care need.

Urgent care means you need quick medical attention, but it is not an emergency. If you are not sure what kind of care you need, call the Advice Nurse.

The Advice Nurse department is open 24 hours a day, 7 days a week. They can help with questions you may have. They can tell you how to care for health problems at home.

Advice Nurses can also help you make an appointment to see a doctor. To talk to an Advice Nurse,

call **1-877-661-6230 (option 1)**.

### Real patient stories

■ “I called the Advice Nurse and told them I had back pain that would not go away. They gave me tips on what I could do at home to help with the pain. My pain did not go away, so I called them back. The Advice Nurse helped me get a same-day urgent care appointment to see a doctor.”

■ “I had surgery and left the hospital on a weekend. The doctor’s office was closed, and I

## Tdap reminder

Is your child going to be in 7th grade this year? If so, you must show proof of his or her Tdap booster shot. Tdap is a shot that helps keep kids safe from these diseases:

- Tetanus.
- Diphtheria.
- Pertussis (whooping cough).

Talk with your doctor. He or she can tell you more about getting your child’s Tdap shot. You may also want to set a time for a well-teen checkup. These visits are needed every year.

couldn’t get medical supplies to keep my wound clean. The Advice Nurse helped me get the supplies I needed even when the doctor’s office was closed.”

■ “My husband was having chest pains, but we didn’t know if we should go to the ER. The Advice Nurse said my husband was having signs and symptoms of a heart attack and that we should call 911. The Advice Nurse stayed on the phone with me when we called 911. She was very helpful.”

**To talk to an Advice Nurse, call 1-877-661-6230 (option 1) 24 hours a day, 7 days a week.**

■ “My child was having trouble breathing. The Advice Nurse told me I should go to a children’s hospital. At the hospital, we were told my child was really sick and that he needed to be seen. Their advice was important and saved my child’s life.”

# Care for your teeth every day

**T**here are 365 days in a year. And each of those is a chance to keep your teeth and gums healthy. Here are some ways to do that:

**Brush twice a day.** Use a toothbrush with soft bristles and a toothpaste with fluoride. Brush all surfaces of your teeth, and gently brush the area where they meet your gums.

**Floss once a day.** Guide the floss between your teeth. This helps clean them and helps remove food

your toothbrush can't reach. After you're done, rinse your mouth with water.

## ■ ■ Ask your dentist about how food can affect your teeth.

**Eat healthy.** Choose a variety of foods, and try to eat mostly at meals. Drink tap water. It is safe and has fluoride in it to protect your teeth from cavities. If you have a snack, pick one that doesn't have a lot of sugar and isn't sticky.

## Why is daily care important?

Taking care of your teeth every day helps you avoid future problems. Flossing, for example, is a good way to prevent gum disease, which can cause tooth loss and can even contribute to problems like heart disease.

The dentist can help you, too. You'll want to see one regularly for checkups and cleaning. That's important even if you're taking care of your teeth every day of the year.

Sources: Academy of General Dentistry; American Dental Association

## Why kids need to see the dentist

There's nothing like seeing your child smile. So make sure a dentist gets to see that smile too.

Regular dental visits are important—even when your child only has baby teeth.

During these visits, the dentist can show you how to clean your child's teeth. He or she can also check for problems and apply fluoride varnish to protect your child's teeth from cavities. If there are problems, it's better to find them early.

Beginning with the first tooth, take your child to see the dentist twice a year. Some children may need to go more often. Ask the dentist what is best for your child.

Sources: American Academy of Pediatric Dentistry; American Dental Association



## Think smart, act fast when teeth are injured

Accidents can happen to teeth too. If one does, be sure to:

**Call the dentist.** Share as much about the injury as you can. Then see the dentist as soon as possible. Acting quickly can help save the tooth.

**Care for the injury.** If the tooth is:

■ **Broken, rinse your mouth with**

warm water. An ice pack can help with swelling.

■ **Knocked out, touch only the top part of the tooth (not the root). You may rinse the tooth in water, but don't scrub it. If you can, put it back in place and hold it there. Or keep it in a cup of milk until you get to the dentist.**

Sources: Academy of General Dentistry; American Dental Association



## Diabetes: Weigh in for good health

**I**t may not seem like much, but losing a few extra pounds is a good thing for your health. You'll feel better. Plus, it can help you manage your diabetes.

Being overweight with diabetes can raise your risk for health problems. So losing weight is a smart move. Shedding extra pounds can help:

- Lower your blood sugar.
- Lower your blood pressure.
- Prevent other health issues that diabetes can cause, such as kidney and eye problems.

You may hope to lose a large amount of weight in a short period of time. But it's better to set a realistic goal of losing 5 to 10 pounds. And aim to keep the weight off for good.

Watching what you eat is the first step. That doesn't mean you can't eat your favorite foods. It just means you'll need to eat less.

To get started:

- Choose a start date.
- Learn how much you should eat to get to a healthy weight.
- Clear your fridge and pantry of unhealthy foods.
- Stock your kitchen with healthy foods, like fruits and vegetables.

### Losing weight is one way to manage diabetes well.

- Snack on fruit or nuts instead of candy bars or chips.
- Watch your portion sizes. For instance, have a small serving of nuts, not the whole can.
- Try to be physically active for at least 30 minutes a day on most or all days of the week.

Steer clear of magic diets that claim to take the pounds off. Your provider can help you learn more about healthy ways to lose weight.

Sources: American Diabetes Association; U.S. Department of Health and Human Services

## Check out your BMI

Body mass index (BMI) is a measure of your body fat. It's based on your height and weight.

A BMI that is too high means you are at greater risk for problems like diabetes and heart disease.

You can lower your BMI by making changes to your diet and by being more active.

This chart shows the four categories of BMI.

CATEGORY	BMI
Underweight	Less than 18.5
Normal	18.5 to 24.9
Overweight	25 to 29.9
Obese	30 or more

Your provider can measure your BMI. You can also visit [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi)

# MyPlate maps healthy meals

It would be handy if, with just one glance, you could see how your meal measures up nutritionally.

Now you can, with a tool called MyPlate. You'll want to ask:

- Do fruits and veggies cover half my plate?
- Do grains take up more space than proteins like meat?
- Is there a dose of dairy?

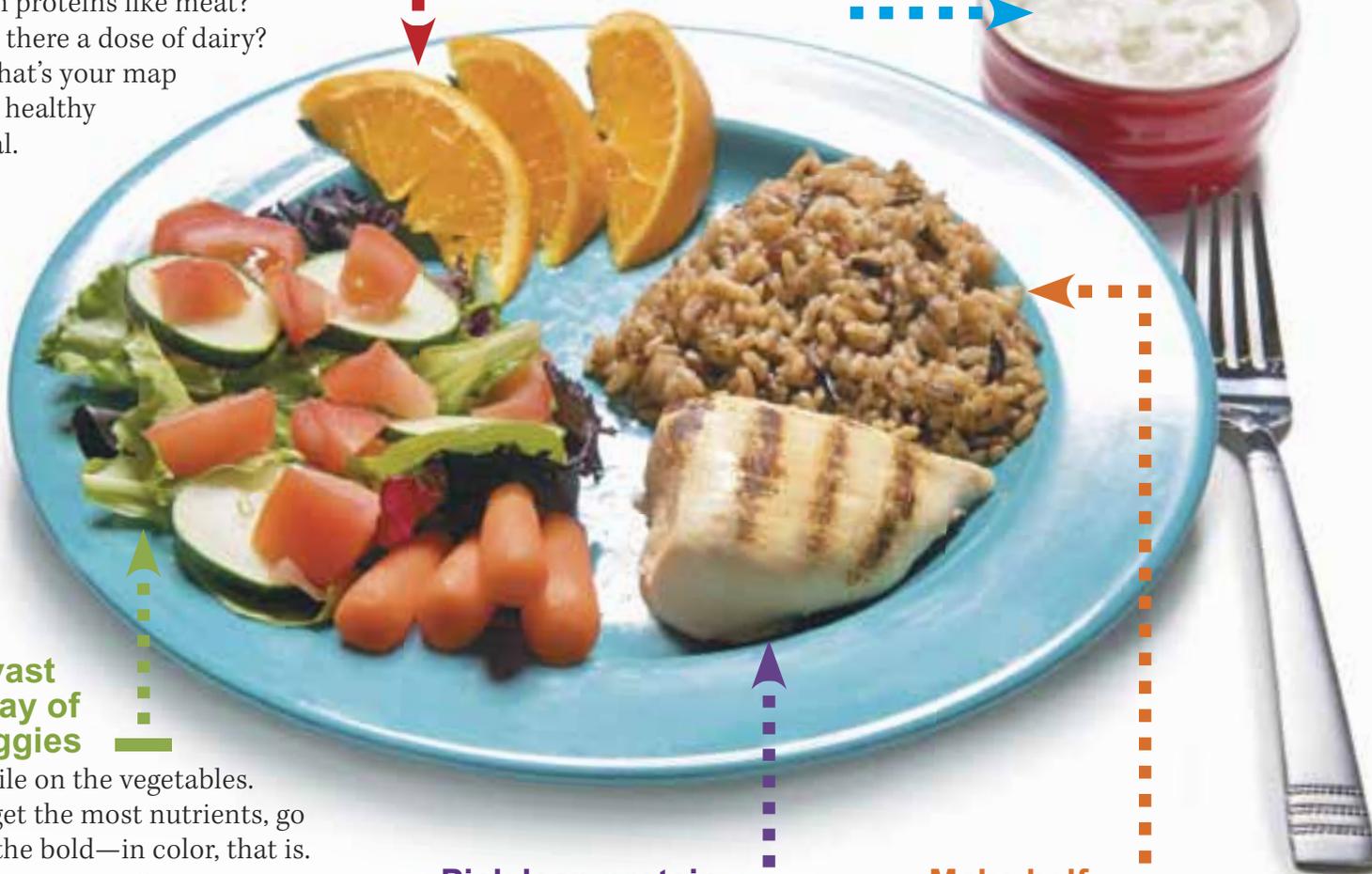
That's your map to a healthy meal.

## Factor in fruit

- Slice up an orange or dot the plate with grapes. Fruit doesn't have to be fresh. Canned, dried or frozen works too. Fruit also can make a great dessert. Baked apple, anyone?

## Count on calcium

- Choose 1 percent or nonfat milk. It has the same amount of calcium as higher-fat milk. Look for low-fat versions of yogurt and cheese too. Can't have dairy? Try soy milk. It has calcium as well.



## A vast array of veggies

Pile on the vegetables. To get the most nutrients, go for the bold—in color, that is. Red tomatoes. Orange carrots. Dark-green collard greens.

## Pick lean protein

Eat more fish and skinless poultry than red meat. And broiling or baking is healthier than frying or breading. Beans, peas and nuts count as protein too. Plus, they're low in fat and high in fiber.

## Make half your grains whole

Whole grains have more fiber than processed ones. So if you had white rice on Monday, choose brown rice on Tuesday. The same goes for pasta, bread and cereals. Look for labels with whole grain as the first ingredient.

### » action

**take** Make the most of mealtime. For tasty tips and ideas for fast fixings, go to [www.choosemyplate.gov](http://www.choosemyplate.gov)



# Make your own baby food

**T**here are many good reasons for making your own baby food. Homemade food costs less than baby food from the store. It is fast to make. It also has more vitamins and minerals.

Here are some of the best first baby foods to try: » Sweet potatoes. » Avocado. » Rice cereal. » Peas. » Zucchini. » Squash. » Apples. » Pears. » Bananas.

To start, give your baby only about a tablespoon of food the first few times you feed him. If your baby is still hungry, breastfeed or give him or her a bottle. Start with one food at a time. Offer the same food for 3 to 5 days in a row. Watch for any signs of an allergic reaction, such as: ■ Diarrhea or vomiting.

## Breastfeeding services

Breastfeeding advice (interpreters are available)	
Contra Costa Breastfeeding Advice Line	1-866-878-7767 Leave a message. You will get a call back within 24 hours.
WIC (free for all WIC participants)	Concord: 925-646-5534 Pittsburg: 925-431-2465 Richmond: 510-231-8624 WIC main line: 925-646-5067
Public Health Field Nursing	925-313-6250
La Clinica de la Raza	925-246-2000

Breastfeeding support groups	
WIC Spanish-language support groups	925-431-2465
WIC breastfeeding and nutrition classes	Richmond: 510-231-8600 Concord: 925-646-5370 Pittsburg: 925-431-2460 Brentwood: 925-513-6880 (English/Spanish)
Healthy Start	Martinez: 925-370-5495 Richmond: 510-231-1340 (English/Spanish)
John Muir Women's Health Center <a href="http://www.johnmuirhealth.com">www.johnmuirhealth.com</a>	925-941-7900 (English only)
La Leche League	Pittsburg-Antioch: 925-754-1284 (English/Spanish)

Go to [www.cchealth.org/services/breastfeeding/resources.php](http://www.cchealth.org/services/breastfeeding/resources.php) for a full list of resources and support groups. You can also call the Contra Costa Breastfeeding Warmline at 1-866-878-7767 and leave a message.

- Stomach pain.
- Trouble breathing.
- Lip or face swelling.
- Rash or itching.

Here are some recipes for babies 4 to 6 months old:

### Banana puree

- Blend 1 whole raw banana with ¼ cup of water in a blender or food

processor. Blend until there are no chunks and it is almost as thin as water or milk.

### Pear puree

- Boil or steam 1 pear until it is soft.
- Blend the pear with ¼ cup of water in a blender or food processor. Blend until there are no chunks and it is almost as thin as water or milk.

## Roasted asparagus with garlic

### Ingredients

- 1 pound fresh asparagus (medium width)
- 2 teaspoons olive oil
- 2 garlic cloves, minced
- Salt and freshly ground black pepper, to taste
- Lemon wedges, as garnish

### Directions

- Preheat oven to 500 degrees.
- Rinse asparagus and break off tough ends.

■ In shallow roasting pan, place asparagus and coat with oil. Sprinkle with garlic and salt and pepper, to taste.

■ Roast, uncovered, for 6 to 8 minutes (depending on width of spears), shaking pan occasionally.

■ Serve with lemon wedges.

**Nutrition information** Makes 4 servings. Amount per serving: 330 calories; 3g total fat, 1g saturated fat; 5g carbohydrates; 4g protein, 1g dietary fiber; 3mg sodium.

Source: American Institute for Cancer Research



## Spinach and corn quesadilla

### Ingredients

- 2 teaspoons canola oil
- ¼ cup thinly sliced onion
- 1 jalapeño pepper, seeded and cut in thin rounds
- 1 bunch spinach, stemmed, with leaves cut in 1-inch

ribbons, or one package (10 ounces) frozen chopped spinach, defrosted and squeezed dry

½ cup white corn kernels, fresh or frozen

2 10-inch whole-wheat tortillas  
Cooking spray (or ½ teaspoon canola or light olive oil)

1 cup (3 ounces) shredded Jack cheese, divided

### Directions

■ In large, nonstick skillet, heat oil on medium-high heat. Add onion and jalapeño and sauté until onion is translucent. Add spinach, stirring until it wilts. Add corn and cook, stirring, until corn is warmed through, about 3 minutes. Transfer mixture to bowl. Wipe out pan.

■ Coat one tortilla with cooking spray. Place it, sprayed/brushed side down, on plate. Sprinkle half the cheese over tortilla. Spread

spinach mixture over cheese, leaving a half-inch border around edge. Sprinkle on onion. Top with remaining cheese. Spray second tortilla and place it, coated side up, to cover filling.

■ Return skillet to heat. When hot, slide quesadilla into skillet. Cook until bottom tortilla is crisp and lightly browned, about 2 minutes. Turn quesadilla by first sliding it onto plate and inverting a second plate over it. Flip plates while pressing them firmly together. Slide quesadilla, uncooked side down, back into pan, and cook second side until crisp. On plate, cut quesadilla into 8 wedges. Serve immediately, accompanied by your favorite salsa.

**Nutrition information** Makes 8 wedges. Serving size: 1 wedge. Amount per serving: 90 calories, 5g total fat (2g saturated fat), 9g carbohydrates, 5g protein, 2g dietary fiber, 126mg sodium.

Source: American Institute for Cancer Research (Adapted from the *12 Best Foods Cookbook*.)